Name _____ Section _____ Date ____

Lab A3-6 Target Heart Rate Zone Using the Heart Rate Reserve Method

Determining Your Target Heart Rate Zone

1. Determine your resting heart rate: After 10 minutes of complete rest, measure your pulse either at your wrist or at one of your carotid arteries.	Example: A 19-year-old female with a resting heart rate of 65 bpm
Resting heart rate (RHR): bpm	65 bpm
2. Determine your maximum heart rate: If you cannot take a treadmill test to measure your maximum rate precisely, approximate it by subtracting your age from 220.	
Maximum heart rate (MHR): $220 - \underline{\qquad}_{(age)} = \underline{\qquad}_{(MHR)}$ bpm	220 – 19 = 201 bpm
3. Determine your heart rate reserve by subtracting your resting heart rate from your maximum heart rate.	
Heart rate reserve (HRR): $\ \ = \ bpm$	201 – 65 = 136
4. Determine your target heart rate. Training effects occur when	(0.50 × 136) + 65 = 133 bpm
heart rate is higher than resting heart rate by an amount that is 50–85% of HRR. Multiply your heart rate reserve by 50%	(0.85 × 136) + 65 = 181 bpm
and 85% and then add the result to your resting heart rate. (If you have a very low level of fitness, use 40% of heart rate reserve to calculate the lower end of your target heart rate range.)	Target heart rate zone = 133 to 181 bpm
50% training intensity = $(\ \times 0.50) + \ = \$	_ bpm
85% training intensity = $(\ \times 0.85) + \ = \$	_ bpm

Target heart rate zone = _____ to _____ bpm

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